Emotional Eating 101

Learn to understand your emotional and comfort eating habits, triggers and a variety of coping mechanisms that will get you started on the path to regaining control.

$29.99

Course Outcomes

Healing from emotional eating starts with awareness, understanding your triggers, and building knowledge to empower you to overcome this common but problematic relationship with food. You are not alone! Learning from registered dietitians who specilize in emotional eating is a great first step.

- Learn what emotional eating is and is not, and gain a deeper understanding of what causes us to make food choices by exploring the psychology of eating.
- Emotional eating can be the cause of frustrating, failed weight loss efforts and you will learn how to fundamentally change your approach towards ‘diets and dieting”.
- Build practical skills such as learning to identify the differences between other types of hunger and ‘emotional hunger’, mastering the do’s and don’ts of overcoming emotional eating, and learn additional strategies for gaining greater control over your eating habits.

- At the beginning of the course, each participant is offered to complete the Emotional Eating Quiz to help bring awareness to your eating habits. You will also learn more about the difference between emotional eating and eating disorders, as well as what to do in case of a suspected eating disorder.

Overcome Emotional Eating And Regain Control!

Whether you eat for comfort, stress, loneliness, sadness or even to celebrate with food, this course is an easy and impactful first step to start making positive small changes.

Reserve Your Seat!

FAQ

Is there a test and do I get a certificate?

There are quick trivia along the way, and you can enjoy this seminar-style course for 60-days from purchase to maximize your learning retention! If you are looking for professional development for health or fitness professionals, please email info@nutriprocan.ca.

How long is the course?

Est. 60-90 minutes. You can pause, take breaks and continue!

Why choose a course by a registered dietitian?

A registered dietitian (RD) is a regulated and licensed healthcare professional that is university trained in the field of food and nutrition, combined with supervised practical experience. They are experts in translating scientific, medical and nutrition information into general education, personalized goals, action plans and support through coaching. Our Dietitians have an extensive background in the application of food science combined with behavioural coaching to drive lifelong change towards a healthy approach to food.